

Presented by Sahaja Yoga Meditation

LET'S MEDITATE FOR 21 DAYS

Discover the Peace & Joy Within

Daily online meditation sessions

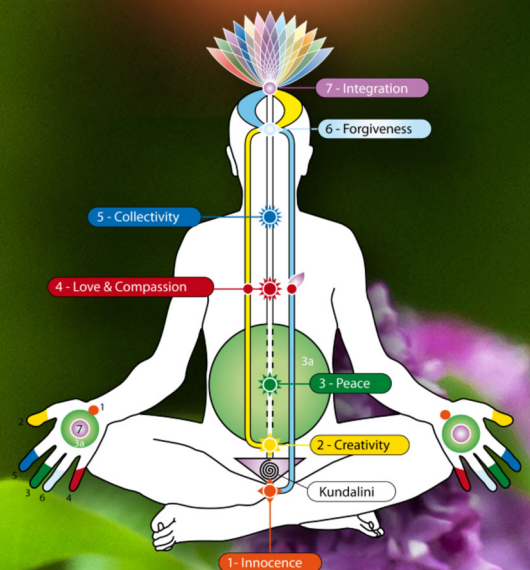
9th to 29th May 2022

5:30PM to 7PM (Sydney time)

Newcomers and regulars will learn how to meditate and experience true meditation. Over the 21 days, you'll be guided daily by our online team through the three levels of knowledge and meditation experiences from beginner to intermediate to advanced. This meditation awakens an inner energy that gently brings positive change within us – making us more balanced, peaceful and joyous.

- One on one assistance and group sessions.
- Join in at anytime, even if you miss a session.
- Sahaja Yoga meditation was founded by H.H. Shri Mataji in 1970 and is now practiced in over 100 countries. **Always taught Free of Charge.**

"Discover the peace and joy within through the connection with your Spirit." - Shri Mataji



Live on Zoom and YouTube with daily recordings of each session.

freemeditation.com.au/May2022

Scan QR code for website